

Your Child's Health at 6 Years

Milestones

Ways your child is developing between 6 and 7 years of age.

Makes friends at school.

Does regular chores at home.

Helps care for your pets.

Tells you about what she is doing at school and talks about what she is thinking.

Using a wide variety of words.

You help your child learn new skills by talking and playing with her.

For Help or More Information

Firearm safety:

Safe Storage Hotline,
1-800-LOK-IT-UP (565-4887)

Car seat safety: Safety Restraint Coalition, 1-800-BUCK-L-UP (voice) or 1-800-833-6388 (TTY Relay)

Your child's development: Your child's teacher or local school district office.

Parenting Skills or Support: Family Help line, 1-800-932-HOPE (4673) Family Resources Northwest, 1-888-746-9568
Local Community College Classes

Health Tips

Plenty of physical activity is important for your child's good health. Start now to build a lifelong habit of regular exercise. If she wants to play on a team, look for a program that promotes fun more than winning.

Make time in the morning for a healthy breakfast. This will help your child learn better and feel happier at school. Let him help choose healthy foods.

Your child will soon get her first molars. At her next dental checkup, ask about dental sealants for her molars. This can prevent cavities in them.

If your child plays sports, get a mouth guard to protect his teeth.

Parenting Tips

Encourage your child to enjoy books by reading together. Let him practice reading simple books to you. Continue to read chapter books to him. Visit the library with him to pick out exciting story books.

Talk about why children should not use drugs and alcohol. Set a good example for your child about these substances.

Take time to visit your child's school and volunteer in the classroom if possible.

Safety Tips

Make sure that everyone who rides with you buckles up. Help your child know how to ask to use a safety belt or booster when she rides with other drivers.

Continue to have your child ride in the back seat, which is safer than the front seat.

Make sure your child wears a helmet when using bikes, skates, inline skates, scooters, and skateboards. Helmets prevent very serious head injury when worn properly and buckled under the chin. It should cover the top of the forehead.

Guidance to Physicians and Nurse Practitioners for Late Childhood (6 years)

The following highlight EPSDT screens where practitioners often have questions. They are not comprehensive guidelines.

Fluoride Screen

Fluoride supplements should be considered for all children drinking fluoride deficient (<0.6 ppm F) water. Before supplements are prescribed, it is essential to know the fluoride concentration of the patient's drinking water. Once the fluoride level of the water supply has been evaluated, either through contacting the public health officials or water analysis, as well as evaluating other sources of fluoride, the daily dosage schedule can be recommended. Pediatric Dentistry: Reference Manual 1999--00.(21)5.

Bed-wetting

Most children who wet the bed overcome the problem between 6-10 years of age. Even without treatment all children eventually get over it. It is important for primary care practitioners to discuss with parents any concerns about their child's incontinence and potential treatment options during the annual exam. Use clinical judgment with treatment.

Lead Screen

Use clinical judgement. Screen children for these risk factors:

- Live in or frequently visit day care center, preschool, baby sitter's home or other structure built before 1950 that is dilapidated or being renovated.
- Come in contact with other children with known lead toxicity (i.e., blood lead 15 ug/dl).
- Live near a lead processing plant or with parents or household members who work in a lead-related occupation (e.g., battery recycling plant).

Developmental Milestones

Always ask about and follow-up on parent concerns about development or behavior. You may use the following screening list or the Denver II.

Yes No

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Ties shoelaces. |
| <input type="checkbox"/> | <input type="checkbox"/> | Knows left from right. |
| <input type="checkbox"/> | <input type="checkbox"/> | Adds numbers (up to 5). |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Draws a person -- 6 parts.</u> |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Copies a square.</u> |
| <input type="checkbox"/> | <input type="checkbox"/> | Can recite alphabet. |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Defines 5/8 ball, lake, desk, house, banana, curtain, fence, ceiling.</u> |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Heel-to-toe walk (4 steps)</u> |

Instructions for developmental milestones: At least 90% of children should achieve the underlined milestones by this age. If you have checked "no" on any two items or on *even one* of the underlined items, refer the child for a formal developmental assessment.

Notes: Immunization schedules are from the Advisory Committee on Immunization Practice of the U.S. Centers for Disease Control and Prevention. **Parents and providers may call Healthy Mothers, Healthy Babies (1-800-322-2588) with questions or concerns on childhood development.**